November 12, 2021
Issue #73

Cherie Haney,
one of the six artisans
featured in our Buy Local Holiday Gift Guide

The Crazy Wisdom Biweekly

shining a light in the dark

Published by *The Crazy Wisdom Community Journal*.

The Crazy Wisdom Weekly

Dear Readers,

We will be selling or closing the bricks-and-mortar Crazy Wisdom Bookstore on the eve of its 40th anniversary, and after a third of a century of our owning it – on the day after Valentine's Day 2022.

Meanwhile, we'll continue to expand The Crazy Wisdom Community Journal (print and online), which reaches 20,000 readers each issue, and enhance our digital presence with the Crazy Wisdom Biweekly Ezine, which started just 18 months ago during the pandemic, and is now reaching 8,000 readers a month.

We will also be reinvigorating our crazywisdom.net, crazywisdomjournal.com, shopcrazywisdom.com and AnnArborHolistic.com websites.

There is a relentlessness to a retail business – open 7 days a week, 360 days a year, and to the hamster-wheel aspect of staffing and management issues. Our own family has grown up, and we're in our 60's, and we're ready to look out upon a new and different horizon. The bookstore had a very profitable year (due to having closed the tea room at the onset of the pandemic), and that's not a bad way to go out!

We know that Crazy Wisdom has been a unique destination and special bookstore in our region, and treasured by its friends and customers. We and our longtime managers and staff, past and present, have so much gratitude for having had the privilege over these decades to serve people in our region who are searching in their lives — spiritually, psychologically, holistically, and in terms of sustainable and conscious living. We intend for Crazy Wisdom to continue to be a beacon of consciousness in the region, though perhaps not in the form of a bricks-and-mortar retail business.

We own our lovely, renovated Main Street building, without debt, and it is not for sale. We will be taking some months to decide how to best use that building, and whether to continue a variety of consciousness-related projects from that base. So, in a sense, Crazy Wisdom's bookstore operation will go "on sabbatical" as we consider our next steps. At the same time, we invite and encourage others with a vision, younger than ourselves, to step into the role of providing a safe haven for seekers and countercultural imaginings.

We welcome any serious inquiries into buying the bookstore, and renting the space, or related ideas. Please email us at: billz@crazywisdom.net

With deep gratitude,

Bill Zirinsky and Ruth Schekter

Iconic Downtown Ann Arbor Bookstore Will Close Early Next Year

Read the Mlive article about the closing of Crazy Wisdom.

ALL THINGS CONSIDERED

WEMU 89.1

Listen to the interview with Bill Zirinsky about the closing of the store with local host of All Things Considered, Lisa Barry.

Swing through our holiday gift guide on page 23 for great gifts from local artists, writers, and more!

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

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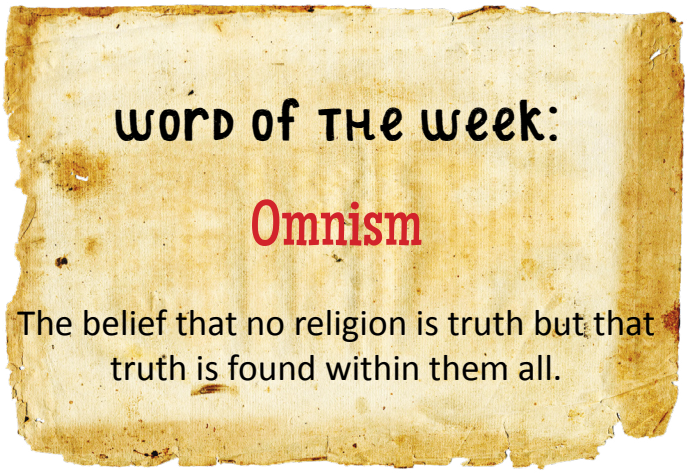


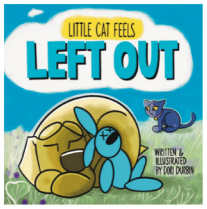
Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

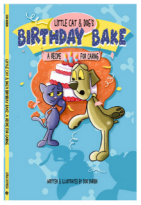
HOLIDAY GIFTS

CUSTOM IS CARING!

LOCAL AUTHOR KIDS BOOKS & CUSTOM PET ART

BY DORI DURBIN





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The Crazy Wisdom Weekly

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RUDOLF STEINER SCHOOL
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By Jeanne Mackey

Putting a positive spin on winter in Michigan is a bit of a hard sell. Our winters can be bleak, what with the gray skies and long nights. And I've got the audacity to suggest that you greet winter by slowing down and engaging in solitary reflection—at what is arguably the busiest time of the year. What was I thinking? Well, it's all about choice and attention. The choice to shift our attention in the midst of frenetic activity could bring magical moments of connection to winter's essence.

In the natural world, life moves in cycles. There are cycles of seasons, of a day, a relationship, a life. There are times when energy is on the rise, and times when it is falling. As you have undoubtedly noticed, we are experiencing descent! The earth's energy is moving downward and inward. Darkness falls by dinnertime. Not much is growing. The trees have dropped their leaves. If we didn't know better, we would think they are dying. And our bodies respond with fear at some cellular level. Despite our civilized surroundings, we retain the primal knowledge that we could die out there in the cold.

But the trees are not dying. They are shedding what they no longer need and pulling vital energy down into their trunks and roots. Life is held internally and underground. Plants rest in winter, gathering potency so they can burst forth when the time is right. The cold and dark allow them to gather power for an energetic start in spring.

In the five elements system of traditional Chinese medicine, winter is a time of deep listening—to ourselves, to Spirit, to silence. Winter is a great time to allow ourselves to dream without committing to action—to simply take pleasure in visions of what might be. It is a time of inquiry and uncertainty, which may evoke doubts and hard questions: "Am I living the life I want to live? Or am I playing to the crowd, trying to look good?" Hopefully we can learn, as Rainer Maria Rilke wrote in his "Letters to A Young Poet", to "be patient toward all that is unsolved in your heart and try to love the questions themselves..."

It is easier to see the essence of things in this season. The trees are no longer shielded by their leaves, so we can see their fundamental structure. It may be a time when we can see our own true nature more clearly. That feels true to me on a personal level. Now in the winter of my life, I find opportunities to live more authentically. The lessons are not always gentle ones, but they offer greater freedom.

So how does all this honoring of the season fit with modern culture? Truth be told, it doesn't! The period between Thanksgiving and New Years' is notoriously overscheduled, between socializing, shopping, family, and work. We expect ourselves to go full tilt, 24-7-365. And yet nature reminds us of ebb and flow. What is full will one day be empty. Each of us must face times of darkness and not-knowing.

Approaching winter in a more balanced, harmonious way could start with a shift in attention—even for just a moment. Pause to appreciate the silhouette of bare trees against the setting sun, or the honk of wild geese overhead. Stay warm. Spend time in silence. Take a walk that's more about experience than exercise. Watch an entire sunset or sunrise. Sit in nature and watch wildlife. Take a long, soaking bath. Watch and listen to water. Look at the stars. Sleep when you are tired. No matter where we come from, it is likely that our ancestors gathered around a fire and told stories. We can draw on their wisdom, even if the fire is a flickering candle. There's a reason that so many religious traditions in this season celebrate images of light in the midst of darkness.

As we descend into the sacred dark, I wish you strong dreams and deep peace. May each of us find times of solitude, rest, and contemplation. May we discover ways to explore the fertile darkness and make friends with silence, knowing that a good winter means a strong spring. Imagine how much force it takes for a seed to break out of its casing and push through the soil to reach the sun. If we truly allow ourselves to restore and replenish ourselves in winter, we will have the strength to burst forth in the spring with restored energy, clear vision, and a sense of purpose. So may it be!

Learn more about Jeanne Mackey, her music and writings at http://www-personal.umich.edu/~ppostel/mackey/.

Understanding Energy Modalities & Myself

From Issue #78

By Michelle McLemore

What's in a name? That which we call energy therapy by any other name would be valued the same. Or would it? History, Hollywood, and cultural bias have long pitted healing philosophies against each other and, in some cases, ostracized or executed people (in some countries even today) for even a suspicion of one's involvement with energy manipulation.

Educating myself (and my clients) about the different forms of healing practices has been important. Labels casually thrown about by family, friends, clients, and strangers have revealed ignorance, stereotypes, and my own squeamishness based on not wanting to misrepresent truth nor step on any cultural toes.

In the first year of energy training, the initial conundrum was to wrap my farm-girl, Catholic-raised mind around the fact that an average person—like me, like you—could provide pain relief and sometimes relieve all symptoms of illness for a client. The term "healer" and "healing" was used in classes. Healing, I could see and believe. But, to call myself a "healer?" That didn't sit well. I made peace by defining myself as a healing "guide" since healing belongs ultimately to a client. My goal was (and is) to assist healing and then educate clients in building their own healthy proactive strategies. My internal conscious meter relaxed—or so I thought.

At some point I attended a group angel reading out of town. When the intuitive's eyes lighted upon me, she quickly called out, "You are a healer. You need to quit being afraid of people calling you a 'witch.'" In less than 30 seconds, this stranger had identified, called out, and dismissed a harassing thought. It was true. I was encountering accusing vibes from Christian friends and locals which made them hesitant to reap the benefits of a session. They had no context for understanding healing facilitated from a simple girl next door. So, I began pondering how best to educate fearful people that energy healing was not anti-Divinity?

Training and years went on. I chose to explain the science and research behind energy healing. This helped turn an abstract concept into a more comprehensible idea. The best explanation, of course, was simply when someone tried a session.
Then, a new label arose. Several times in one year, I was appraised (each time by a stranger) and it was declared, "You have Native American blood." Then, the individual would ask, "What nation?"
I stammered. "Mmmm, no. We've no genealogy support of that. Though, my husband is one eighth Cherokee."

In each instance, the person was not deterred even momentarily in their stance. "No. You definitely have it in your blood."

What to say to that? I've had training by indigenous teachers, but training does not suddenly change one's genetics. Add to this a friend, familiar with my energy work, one day pronounced he believes I am a Shaman. Inside I recoiled slightly. I quickly clarified, I have not had appropriate training or teaching for that title. He scoffed and said my opinion didn't match my work.

Time went on. Sessions and casual labels by others continued. My husband and a client friend, Dee, occasionally gave impromptu testimonials to folks. Both jokingly referred to the helpful "Voodoo" that I do.

One day Dee and her sixteen-year-old football player grandson came for his first appointment. They had just seated themselves at the dining room table. Normally, we'd begin reviewing the new client's health history and set goals. But first, I felt I needed to make a distinction.

"Okay, before we get started, Dee, did you bring the chicken?"
Both of their faces went blank with confusion.
"You know, for the blood sacrifice." The young man's eyes grew wide, and his head jerked to look at his trusted grandmother.
Dee was chuckling and shaking her head. "Okay. I get it now," she laughed.

I broke into a grin and apologized to the young man. "And that's one of the reasons this is *not* Voodoo. Everybody clear?" Color came back into the stocky boy's face, and he breathed easier.

Read the rest of the article from Issue #78 online.

JUDY LIU RAMSEY
CONSULTANT & PRACTITIONER

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From Our Archives

AMPLIFYING YOUR INTENTIONS WITH PROSPERITY GRIDS

By Heidi Mae Wolfe

Throughout the holiday season and into the new year, we give and receive well wishes for health, happiness, and prosperity with the utmost sincerity. Some will even articulate with the common phrase "and in that order." I tend to believe that the three are strongly connected and that reaching a higher ground in any one area can raise our optimism so profoundly that we can experience an uplift in other areas, as well. So it seems quite right to place prosperity at the top of our wish list, if that's where it needs to be. And for many of us who are still recovering from our holiday spending, this might be a good time to do just that.

Making that choice will put your intention out to the universe, but why stop there? A crystal grid can amplify your intention with energy that directly resonates with prosperity and attracts like energy in return. Each crystal has its own unique energy signature. When arranged in a geometric pattern, a sacred, harmonic relationship is achieved, and the crystals will work together towards a common goal.

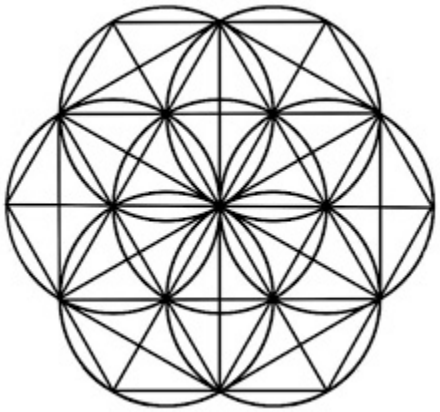
To create a prosperity grid, there are no hard and fast rules — these are only some guidelines to help get you started in five easy steps. Allow intuition to guide you, and, as an added bonus, the more often you work with crystals and grids, the more elevated your intuition will become.

1. Set Your Intention

With all forms of energy work, intention is everything, and perspective matters — "prosperity" and "abundance" can mean different things to each of us. For the sake of simplicity, let's think of prosperity in the context of wealth and financial well-being, and use that as our intention for the grid.

2. Select Your Grid Pattern

Sacred geometry is a school of thought which holds that every aspect of the natural world, including our human existence, is designed by Divine Intelligence using geometric shapes and patterns. This natural phenomenon can be used to guide the flow of energy within your grid by creating a very precise pattern of "ley lines" for the energy to follow. Think of it as a roadmap, and imagine that each crystal on the grid is a place of interest. The pattern acts as a natural GPS system that helps energy travel between all the crystals by providing the most direct route.



There are many grid patterns to choose from, each with its own purpose. The most familiar one is the Flower of Life, which holds ancient spiritual value. Embodied within it is the Seed of Life (shown above).

With all forms of energy work, intention is everything, and perspective matters—I prefer the Seed of Life for prosperity work because it contains exactly seven circles, and the number seven is associated with good luck. It's also a symbol of infinite possibilities, creation, and life itself, which makes it ideal for creating something from nothing (think "rags to riches"), or breathing new life into something that may have stopped growing, such as a bank account. As you continue to experiment with grids, I encourage you to study sacred geometry in greater depth, but for now, let's use the Seed of Life for our grid. Printable versions can easily be found online, and if you'd like to infuse your grid with some additional color energy, you can print it on colored paper.

3. Select Your Crystals

Using a minimum of three different crystals or stones is recommended, but feel free to use more or less as your intuition guides you. The three stones have a distinct purpose.

A focus stone in the center draws the energy in while concentrating on your intention, amplifies it, and sends it to all the other crystals in the grid. The direction that the energy flows will follow the ley lines in the grid pattern. Only one is needed, and citrine is an ideal choice.

The surrounding way stones receive the energy from the center and further enhance it with their own unique vibration. It's not an exact science, but color rays are believed to be a key contributor. Since green is associated with wealth, abundance, and growth, green crystals make excellent way stones.

For balance, an outer circle with an equal number of desire stones will fine tune the energy, bringing it to the ideal state for manifesting the desired result. Any crystal that you might ordinarily wear or use by itself to achieve a particular goal is a good choice, regardless of color.

Should you decide to embellish your grid with additional crystals, it's not necessary to have six of everything. But to maintain equilibrium, I do recommend working with numbers that "fit" mathematically, such as increments of three. They should also be chosen based on what they can bring to the grid to help further your intention by their own merit. For example, if you're aware of something in particular that's blocking you from prosperity, you might add an extra set of crystals that can remedy this. Using quartz points along the ley lines of the grid is also a great way to accelerate and direct the energy flow.

Suggestions for crystals that promote prosperity can be found on the next page. This is by no means a complete list, but they're fairly common and easy to find. Crazy Wisdom has an excellent selection.

Before you move on, you'll need a few more things: a wand, smudge, and one or more candles. The wand will be used to activate the grid by channeling and directing the energy. It can be any wand of your choosing. A large clear quartz or selenite point will work nicely and fit comfortably in your hand. As an alternative, a pendulum or athame are also good options.

4. Consecrate

Once you've collected your elements together, perform your own blessing over the area, the crystals, and yourself. Smudging with sage will cleanse any stagnant or negative energy from all, including yourself. If the smoke bothers you, use a hydrosol spray instead. If the aroma of sage doesn't appeal to you, choose something else with cleansing or purifying properties. The important thing is that you perform this step; how you perform it is entirely up to you.

It's equally important to consecrate with intent. As you're smudging, remain focused on your desire for prosperity, and ask for Divine guidance and protection. In your own way, invoke the aid of your angels or spirit guides, and ask your crystals to awaken their powers to serve your highest good.

The pattern acts as a natural GPS system that helps energy travel between all the crystals by providing the most direct route.

5. Create & Activate

Now you're ready to create your grid. Remember to stay focused on your intent as you set each crystal in place. Here again, you can reflect on the specific contribution that you would like each crystal to make. Place the focus stone in the middle first, followed by the way stones, and then the desire stones. By working outward from the center, your grid is physically growing as you create it — and so is the energy. If you have any additional crystals, save them for last. Once the grid is complete, you're ready to activate it.

With your wand in hand, start by bringing in the white light of universal love and protection. Visualize it surrounding you and your grid. Direct your full attention on the focus stone in the center, and imagine a brilliant white light radiating from it like a starburst. Once you can see this in your mind's eye, use your wand to direct the light towards all the other crystals by drawing ley lines between all of them. In other words, use your wand to connect all the dots, while visualizing beams of light bonding the crystals together until every one of them is connected to all the others.

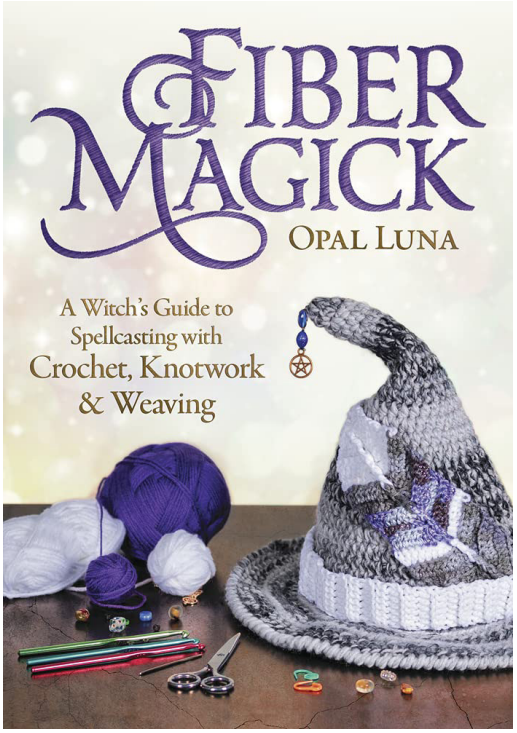
Infuse the grid with your intent one last time. Take in a long, deep breath, and as you exhale slowly, "will" your own energy into the grid and send your intent for prosperity out into the universe. Do this three times, and give thanks.

Finally, place your candle(s) anywhere near the grid, and light them. Illuminating your grid is a nice ceremonial touch that symbolizes the white light of universal love and protection. There's no set amount of time for burning the candles, but the longer you keep the grid lighted, the better. So when you put the candles out, you can switch to battery operated candles or a small lamp.

The energy of the grid will be sustained for as long as it remains undisturbed, but the first three days are the strongest. You can continue to add more energy to the grid by meditating, white lighting, re-activating, or adding more crystals. But it will always be strongest immediately after the first activation.

There are many ways to manifest prosperity. Gridding with crystals is one of the easiest to learn and is fairly inexpensive. So I hope you'll consider giving it a try. Whether you long for a life of luxury, or you believe that life itself is the greatest luxury one can have, all of us can benefit from abundance in our lives. May prosperity be one of many blessings you enjoy in the year to come.

Crazy Wisdom Book Pick of the Week



70+ Craft Projects to Spark Your Imagination & Enhance Your Magick

Featuring over 100 color photos and illustrations, this fun and accessible guide introduces you to the magickal power of crochet, knotwork, and other fiber crafts. Witch and crochet expert Opal Luna shows you how to move spiritual intention from your mind into your hands through practical exercises, creative techniques, and patterns for more than seventy projects.

Improving your magick through fiber arts is easy with Opal's step-by-step instructions and empowering guidance. Discover the tools of the trade, the power of color, and a variety of weaving, braiding, and knotting methods. Learn how to connect to deities and create sacred space for your practice. Explore how Fiber Magick can be used in your holiday celebrations and rites of passage. From sigils and yarn amulets to prayer shawls and crocheted poppets, Fiber Magick is full of delightful projects and perfect for practitioners of all skill levels.

Get your copy of *Fiber Magick* at Crazy Wisdom Bookstore.

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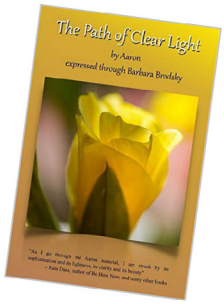

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The Crazy Wisdom weekly Calendar

Book Discussion Goups

Jewel Heart Readers with Jewel Heart Instructors • Monthly, Second Mondays: December 13 • 7 – 8:30 p.m. • Enjoy lively discussion on monthly Buddhist– related book selections with our community. All are welcome. $Free. Donations are welcome. Contact for each month's book selection and participation information. Email programs@jewelheart.org or call Jewel Heart at 734–994–3387. For more information, visit www.jewelheart.org.

A Course in Miracles Study Group with Randall Counts and Delyth Balmer via ZOOM • Weekly Thursdays, beginning September 9 – December 30 • 12:00 – 1:30 p.m. • Read and discuss A Course in Miracles via Zoom. $Free, but donations gratefully accepted. Contact interfaithspirit.org.

A Course in Miracles Study Group with David Bell • Weekly Mondays, September 13 – December 27 • 6:45 – 8:45 p.m. • Read and discuss A Course in Miracles. $Free, but donations gratefully accepted. Contact interfaithspirit.org.

Bhagavad Gita Discussion Circle with Miranda and Kishor • Weekly Wednesdays, beginning September 15 –December 29 • 6:30 – 8 p.m. • Focusing on the timeless wisdom of the Bhagavad Gita, we read a group of texts together weekly and then Miranda and Kishor lead a participatory discussion where all attendees are welcome to share their insights as well as bring up questions for the group to consider. $Free. Contact info@theharmonycollective.org or theharmonycollective.org.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom: Modern Times with Demo Rinpoche or Gelek Rimpoche • Weekly Sundays, through December 26 • 11 a.m. • Enjoy one–hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rimpoche. Stay tuned for the moderated hour discussion after the talk. $Free, but donations are welcome. Contact 734–994–3387 or email programs@jewelheart.org. To register, visit jewelheart.org/free–weekly–virtual–programs. For more information, visit www.jewelheart.org..

Buddhism Practical Buddhism by Gelek Rimpoche with Gelek Rimpoche • Weekly Tuesdays from 7 to 8:30 p.m. through Dec. 28, 2021 • 7:00p.m. • Practical Buddhism by Gelek Rimpoche offers video recordings of earlier teachings by Gelek Rimpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors will follow each session. Free/Donations are welcome. Contact

To register, go to the Jewel Heart website at jewelheart.org/, scroll down, and select this program. For more information, call 734–994–3387 or email programs@jewelheart.org.

Delam: The Easy Path – Workshop by Demo Rinpoche • Saturday, November 20 • 10 a.m. – 4 p.m. • The workshop will highlight how we can remove limitations imposed by fear and confusion and open our hearts and minds to reach our fullest potential. Delam presents aspects of life for meditation to deepen our relationship with ourselves and those around us. $80 Jewel Heart Members / $100 Non–Members. No one is turned away due to financial considerations. To register, visit jewelheart.org. For more information, call 734– 994– 3387 or email programs@jewelheart.org.

Ceremonies, Celebrations, and Rituals

Sacred Cacao Ceremony with Victoria Schon • Saturday November 20 and December 18 • 6 – 7:15 p.m. • Drinking ceremonial cacao is considered spiritual medicine by many indigenous cultures around the world. As we sit together in a small group and consume this sacred beverage, practice mindfulness, participate in guided meditation in a backdrop of sacred sound, our soul is nourished, and we experience a heart opening. It is a time for deep inner–reflection and connection with community. $35. Contact Victoria Schon at victoria@veraposeyoga.com.

Winter Solstice with Alicia Clark Teper • Tuesday, December 21 • 7 – 9 p.m. • Bring in the Winter Solstice with a night of self–care. Using a combination of breathwork, grounding, sound, yin yoga, astrology, meditation, crystals, intuitive tarot and Reiki. $44. Contact Alicia ClarkTeper at 734–945–5396 or sacredlotusexperience@yahoo.com; www.sacredlotusexperience.com.

Channeling

Evenings with Aaron with Aaron channeled by Barbara Brodsky • Tuesdays: November 16, December 14 (Christmas stories) • 7 – 9 p.m. • A weaving together of the components of The Eden Project (Mediumship, Eden Class, Dharma Path and Vipassana and Pure Awareness Meditation) with elements of practice or daily life. Suggested donation: $10– $35. Contact 734–477–5848; om@deepspring.org or deepspring.org.

Remembering Wholeness - Darshan with The Mother • Sunday, November 21 • 2 p.m. The Mother offers personal and group messages that can most support the program participants. For more information contact 734–477–5848; om@deepspring.org or deepspring.org.

Children and Young Adults

Youthful Spirits Class for Young People ONLINE with Heidi Kaminski • Weekly Sundays: through – December 26 • 1 – 2 p.m. • Spiritual discovery for young people on Zoom. Details on web site. $Free, but donations gratefully accepted. Contact interfaithspirit.org.

Cohousing

Cohousing Tours with Cohousing Tour Leaders • Sundays, September 5 – December 26 • 2 - 4 p.m. • Cohousing is a form of intentional community centered on the joy that comes from residents sharing their work, resources, and talents. The Ann Arbor area is unique in the US for having 3 cohousing communities. Come find out what it's all about. Meet at the Touchstone Common House, 560 Little Lake Dr. $Free. Contact 734-274– 9110 or info@natureandnurtureseeds.com; natureandnurtureseeds.com.

Dance and Movement

Belly Dance Fitness with Lora Forgiel and Cara Barket Yellott • September – December, Weekly • Sundays, 7 – 7:45 p.m.; Mondays, 8:15 - 9 p.m. • Come join us for 45 minutes of belly dance cardio. Learn how to belly dance and get your workout in for the day. Laugh, sweat, and dance. Connect with music and your body in a deeper way. No experience necessary. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. $First class on-site FREE. $13 for drop-ins, $108 for 10 class, or unlimited monthly membership for $65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

Glow Flow with Michelle McLemore • September – December, Weekly Wednesdays • 9 - 10 a.m. • Greet the morning with a 60-minute combination of slower flow yoga, Tai-Chi, pranayama, and basic dance from across cultures to open your energy anatomy and promote a positive mindset. Feel the magic of merging slow breath with intentional movements while toning and increasing flexibility. Low impact. No prior experience necessary. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. $First class on-site FREE. $13 for drop-ins, $108 for 10 class, or unlimited monthly membership for $65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

Mini-Band Class with Austeen Freeman • September – December, Weekly Thursdays • 5:45 – 6:15 p.m. • A 30-minute full body burn. Bring your own bands or use the studios as we target major muscles group in a HITT style workout. Great for any level, very low impact, and low resistance. Strengthens and tones the body. If you have your own resistance bands, please bring them. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. $First class on-site FREE. $13 for drop-ins, $108 for 10 class, or unlimited monthly membership for $65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

Death and Dying

Ann Arbor Death Café ONLINE with Merilynne Rush and Diana Cramer • Monthly, Third Saturdays: November 29, December 18 • 10:30 a.m. - 12 p.m.• At Death Cafe, we talk about and increase awareness of death to make the most of our finite lives. All adults are welcome. $Free. To receive the link, please send us your email. Contact Merilynne Rush at 734-395-9660 or msh.rush@gmail.com; thedyingyear.org.

Death Cafe ONLINE with Annie Kopko and Susan Thompson • Monthly, first Tuesdays: December 7 • 6:30 – 8:30 p.m. • Discussion of Death and Dying. $Free, but donations gratefully accepted. Contact Andrea at andrea.shaw@interfaithspirit.org; www.interfaithspirit.org.

End-of-Life Doula Training with Patty Brennan • Saturdays & Sundays November 20-21 • 9:30 a.m. – 3 p.m. • The training covers how to provide non–medical comfort and support to the dying person and their family, in the final days, weeks and months of life. Professional training and certification online with Patty Brennan. $697. Contact Patty Brennan at 734–663–1523 or patty@lifespandoulas.com; lifespandoulas.com/end–of–life–doula–training.

Energy Healing

Healing Touch Foundations Class (Level 1) • Saturday, December 11 • 8 a.m. • This two-day class runs from 8 am - 6 pm on Dec. 11 and Dec. 12, 2021. Learn Healing Touch techniques along with an understanding of how they interface with the human biofield. Great for use with family, friends, and for self-care. Can help with physical and emotional pain, headaches, depression, and more. Held at Healing Touch Center, Farmington Hills, MI.

Festivals and Fairs

Winter Festival with Rudolf Steiner School of Ann Arbor • Saturday, December 11 • 9 a.m. – 3 p.m. • All are invited to celebrate our 41st annual Winter Festival. Children will be enchanted by the magic as they explore the Crystal Cave, have a tasty treat, and enjoy a festive song! With live music, puppet theater, children's activities, crafts, and an artisan market, this event is one for the entire family! Wind a wool jump rope, make a beeswax candle, or take a cakewalk. $Free entry; cost varies by activity. Contact SteinerSchool.org or cstandke@steinerschool.org .

Health & Wellness

Yomassage • Sundays, 2 p.m.– 4:30 p.m. • Weekly Self Care Sundays! Indulge in a transformative experience that nourishes your mind, body, and soul. Each Yomassage session begins with a five minute breathing ritual, or a unique themed meditation

that helps ground you in the present moment. You'll let your concerns float away as you're guided through a series of six restorative stretches while a Yomassage therapist provides therapeutic massage and guided meditation. Throughout the session, you'll allow your body to move into the deepest state of relaxation you have ever experienced and ignite the mind-body connection through therapeutic touch, restorative stretch, and mindfulness meditation. All Signature Yomassage sessions are led by our licensed massage therapist certified in Yomassage. Sessions available at 2pm and 4:30pm every Sunday. Register online at ashelmmassage.abmp.com.

Intuitive and Psychic Development

Focused Mind Meditation – Teleconference with John Friedlander • Monthly, first Sundays: , November 7, December 5 • 9 a.m. – 12 p.m. • The development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability—as well as a whole new level or mental clarity and spiritual openness. $15. Contact Violeta Viviano at mvaviviano@gmail.com or 734–476–1513; psychicpsychology.org.

Psychic Psychology Women's Group – Teleconference with John Friedlander • Monthly, first Tuesdays: December 7 • 7 – 9 p.m. • For women only. Meditations will concentrate on women's issues relative to biological energies as well as that of the aura. $12.50. Contact Violeta Viviano at mvaviviano@gmail.com or 734–476–1513; ppsychicpsychology.org.

Meditation

Meditation and Discussion with Ann Arbor KTC• Weekly on Wednesday • 7 p.m. •Weekly Wednesday evenings. The meeting includes group practice and discussion meaningful to students at every level. The content of each meeting will be informed by the interests of the participants, and may include a Dharma talk, meditation, Q and A, and/or book discussion. Participants are encouraged to share their questions, reactions, and experiences with the group. Free; donations accepted. For questions please contact Caitlyn at cdbuchanan325@gmail.com. Learn more at annarborktc.org.

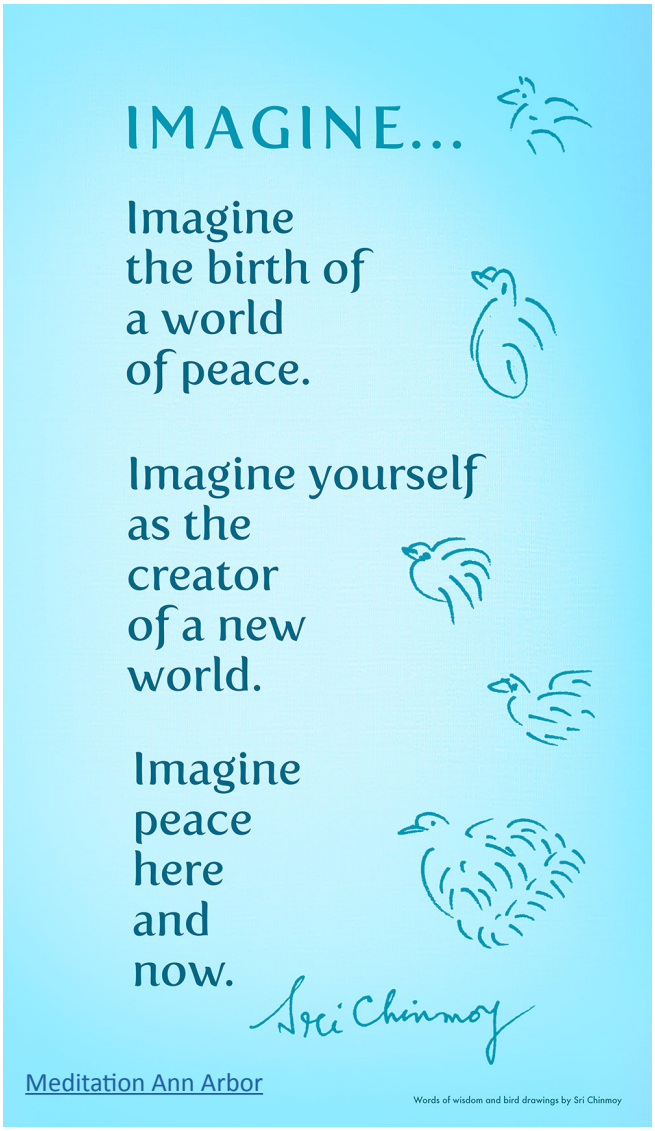
White Tara Guided Healing Meditation with Jewel Heart instructors • Weekly Sundays through December 26 • 9:30 – 10:40 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. $Free, but donations are welcome. To register, visit jewelheart.org/free– weekly–virtual– programs. For more information, visit jewelheart.org, call 734–994–3387, or email programs@jewelheart.org.

Healing and Compassion Meditations with Hartmut Sagolla • Weekly Mondays, through December 27, • 12 – 1 p.m. • Sagolla leads a 30 – 40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization and contemplative meditations. $Free, but donations are welcome. To register, visit jewelheart.org/free–weekly–virtual–programs. For more information, visit jewelheart.org, call 734–994–3387, or email programs@jewelheart.org.

Vipassana and Pure Awareness Meditation with John Orr • Wednesdays, November 10, 24, December 8 • 7 – 9 p.m. • Module 4 of The Eden Project. Deepening of Vipassana (Insight Meditation) and Pure Awareness. Designed for those who already have the basics and have the ability to be mindful in daily life situations. Developing and sustaining a daily formal meditation practice will be encouraged. Refer back to The Eden Project description (listed under Spiritual Development). Contact 734-477–5848; om@deepspring.org or deepspring.org.

Maha–Mantra Kirtan Jam with Devin O'Rourke • Thursdays, September 16 – December 30 • 6 – 8 p.m. • An immersive kirtan experience with the Hare Krishna maha–mantra. Musicians are welcome to bring instruments to join in for this fluid program and all levels of experience with kirtan are invited to join. Kirtan is meditation using mantras with musical accompaniment and provides an easy and pleasing atmosphere to focus the mind. $Free. Contact info@theharmonycollective.org; theharmonycollective.org.

IMAGINE PEACE HERE AND NOW
VIRTUAL EXHIBIT OF PAINTINGS AND APHORISMS BY SRI CHINMOY
https://artspaces.kunstmatrix.com/en/exhibition/6536133/imagine-peace-here-and-now


IMAGINE...
Imagine the birth of a world of peace.
Imagine yourself as the creator of a new world.
Imagine peace here and now.
Sri Chinmoy
Meditation Ann Arbor
Words of wisdom and bird drawings by Sri Chinmoy

Meditaton, Continued

Gratitude, Giving, and the Holidays: Processing Grief on the Labyrinth ONLINE with Rob Meyer–Kukan • Monthly September-December: Third Wednesdays at 7 - 8 a.m. and last Sundays at 7 - 8 p.m. • Join Veriditas-trained Labyrinth Facilitator, Rob Meyer–Kukan for this opportunity to quiet your mind, to release, receive, and return from the comfort of your home or office. Register at facebook.com/robmeyerkukan/events. $Free, but donations accepted gratefully at paypal.me/robmk. Need a handheld/finger labyrinth? Simply indicate that on your registration form. For more information, contact Rob Meyer–Kukan at 248–962–5475 or rob@robmeyerkukan.com; 7notesnaturalhealth.com/events.

Yiquan + Inner Smile ONLINE with Steven Sy • Weekly Wednesdays: December 1, 8, 15, 22, 29 • 7:30 – 8:45 a.m. • It consists of a standing meditation (Yiquan) and a seated meditation (Inner Smile). No familiarity with these is assumed prior to enrollment. The purpose of these sessions is practice. While there is guided instruction of the actual practice, it is mostly non instructional. Repetition of the practice over the 9 Wednesdays serves to help one to learn the practice, as well as establish a practice habit. $99. Contact Steven Sy at 517–295–3477 or steven@spiritualtao.com; spiritualtaoworkshops.com.

Mindfulness

Days of Mindfulness with Esther Kennedy • Monthly Saturdays: November 20, December 11 • 10 a.m. – 2:30 p.m. • Basic Connection, Looking Deeply, Wandering Mind, Wholeness, Happiness, Peace. Registration is required. $35 (includes lunch). Contact Weber Center 517–266–4000; webercenter.org.

Music, Sound, and Voice

Sound Bath ONLINE with Rob Meyer– Kukan • Monthly first Sundays: December 5 • 7 – 7:15 p.m. • Come, settle into the safety and comfort of the combined sounds of singing bowls, gongs, chimes, and more as Sound Therapist, Rob Meyer–Kukan, weaves together a blanket of sound sure to comfort and relax the soul. Each month has a different theme: Sound Sanctuary, Mystery of Sound, and The Season of Hope. To watch/listen to this sound bath meditation, visit youtube.com/robmeyerkukan. A link will be posted on my Facebook timeline when the video is live. $FREE, but donations gratefully accepted at paypal.me/robmk. Contact Rob Meyer–Kukan at 248–962–5475, rob@robmeyerkukan.com; fb.me/e/5hdyA8OnH.

Sacred Sound Journey with Victoria Schon • Mainly Saturdays: November 27 • 6:30 – 7:45 p.m. • This is a non–invasive complementary healing modality that provides an environment of sound, tone and vibration to create harmony, order, and deep relaxation in which insights and a deep meditation state can be experienced. $40. Contact victoria@veraposeyoga.com; veraposeyoga.com/events.

Singing for Comfort with various leaders ONLINE • Monthly, second Thursdays: December 9 • 7 – 8:30 p.m. • Take some time away from life's stresses with an evening of peaceful, comforting singing. Layla Ananda will teach and lead songs that are easy to learn and sing, including some from the Threshold Choir repertoire. No experience necessary. $Free, but donations gratefully accepted. Visit events at interfaithspirit.org.

Harvest of Sound: Sound Bath Meditation with Rob Meyer–Kukan • Saturday, November 20 • 7 – 8:30 p.m. • Harvest season is a time to be grateful and to give thanks for the blessings from the labors of the previous seasons. In this time, together, we will lift our hearts in gratitude for the blessings in our lives and enjoy the relaxing tones of singing bowls, metal and crystal, as we settle into a space of peace and calm. $25. Advanced registration and payment by October 22 are required to secure your space. Contact Rob Meyer–Kukan at 248–962–5475 or rob@robmeyerkukan.com; fb.me/e/Q37BfqrZ, robmeyerkukan.com.

Personal Growth

Heart Centered Community Connection with Rachel Egherman • Weekly Thursdays • 4:30 – 5:30 p.m. • Learn HeartMath and other Heart Centered practices for building resilience physically, mentally, emotionally and spiritually. Great for stress management.

$10 donation suggested, but not required. Contact Rachel Egherman at tellrachel123@gmail.com; celebratedheart.com.

Evolving Your Doula Business Workshop with Patty Brennan • Saturday, December 11 • 8:30 a.m. – 5 p.m. • Learn how to approach the business side of being a doula. How to get started, establish your value, grow your business, and more! $247. Contact Patty Brennan at 734–663–1523 or patty@lifespandoulas.com or lifespandoulas.com.

A Cosmological View of Sacramental Life with Linda Gibbler (In-person or ONLINE) • Saturday, November 13 • 9:30 a.m. – 3:30 p.m. • Drawing from scientific cosmology and Catholic tradition, Sr. Linda discusses creation as the original source of divine revelation and the root of sacramental life. Through storytelling, lecture, and conversation, Sr. Linda explores with us how the incarnational presence of God extends to the ends of the Universe, touches everything we see, and calls us to live sacramentally with God and Creation. Registration required. $45 In-person (includes lunch); $35 Virtual. Contact Weber Center 517–266–4000; webercenter.org.

Coming Back to Ourselves: A Half Day Mindfulness and Self–Compassion Retreat with Rita Benn • Saturday, November 13 • 9 a.m. – 12:30 p.m. • You will be guided in mindfulness and compassion meditation practices that will invite you to pause, rediscover your center and restore the sense of quiet and inner balance. The event may be virtual or in–person. $35. Contact info@mc4me.org; mc4me.org.

Professional Growth Opportunities

Active Tarot Practitioner Training (Virtual) • Saturday, November 20 • 10:00 a.m. • Professional hypnotist and lifelong Tarot practitioner Misha Tuesday created the ActiveTarot system to add hypnotic language and energy techniques to any deck or spread, turning what used to be a fortune-telling game into a future-creating ritual. ActiveTarot will allow beginners to confidently give powerful readings, and will allow experienced readers to add impact and memorability to their practice. For more information email mishatuesday@gmail.com or visit http://activetarot.net/

Reiki

Discover Reiki I & II with Alicia Clark Teper • Saturday, November 13 and Sunday, November 14 • 10 a.m. – 6:30 p.m. • Reiki I & II includes attunements. $333. Contact Alicia Clark Teper at 734– 945– 5396 or sacredlotusexperience@yahoo.com; SacredLotusExperience.com.

Retreats

Insight Meditation & Community: New Hope Fall Retreat with Barbara Brodsky, Aaron, and John Orr • November 12– 14, 2021 • Check in TBA • A weekend Vipassana retreat held at The Pavilion at Nicks Road, Mebane, NC (near Raleigh/Durham) and ONLINE via Zoom. $TBA. Contact John at johnorr108@gmail.com, 734-477–5848, or om@deepspring.org; deepspring.org.

Crazy Wisdom Poetry Series

hosted by
Edward Morin, David Jibson,
and Lissa Perrin

Second and Fourth Wednesday
of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for Zoom link

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Featured Readers for December

December 1 – Judith McCombs grew up nomadic in a geodetic surveyor's family. Her poems appear in Poetry, Shenandoah, Nimrod, and in five books including The Habit of Fire: Poems Selected & New. She has taught at Wayne State U. and in the Washington, D.C. area. She received awards from Michigan and Maryland State Arts Councils.

December 1 – Molly Spencer has recent poems published in Blackbird, Los Angeles Review, and Prairie Schooner. She is the author of the poetry collections If the House, winner of the Brittingham Prize, and Hinge, winner of the Crab Orchard Open Competition. She teaches writing at the University of Michigan.

Crazy Wisdom Poetry Circle
https://cwcircle.poetry.blog/
The Poetry Series is open to all.
There is never a charge.

Shamanism

Shamanic Healing for Animals: Level II ONLINE with Judy Liu Ramsey • Weekly Tuesdays: November 30 to January 11, 2022 • 7 – 9 p.m. • This class deepens your relationship to animals and their healing within the context of working with their ancestors and the elements. Psychopomp with animals will be covered in depth. Prerequisite: Shamanic Healing for Animals I. The class is taught via ZOOM. $280 if paid by November 15; $320 if paid after. $125 for repeat students. Visit judyramsey.net.

Creating Safety and Sacred Space with Connie Lee Eiland • Sunday, November 14 • 9:45 a.m. - 3 p.m. • This class gives you practices, ways of looking at safety and sacred space that will serve you whether or not you are a practitioner. You will clear the space and set an altar together, so you become aware of the aliveness of all beings. Additional journey and practices included. $80 until October 30, then $110. Contact Connie Lee Eiland at 248– 809– 3230 or clshebear7@gmail.com; www.shewolfshaman.com.

Spiritual Development

Interfaith Sunday Service with Interfaith Center for Spiritual Growth • Weekly Sundays: September 12 – December 26 • 10:45 a.m. – 12:15 p.m. • Join us as we explore our spiritual nature and how it connects to all aspects of our human lives. Free, but all donations gratefully accepted. Visit interfaithspirit.org.

Metaphysics for All of Us with Mary Alice Truitt • Weekly Wednesdays: September 1 – December 29 • 9:15 – 10:45 a.m. • Explore metaphysics via Zoom. $Free, but donations gratefully accepted. Visit interfaithspirit. org.

Tai Chi, Martial Arts, and Self Defense

Yang & Chen Tai Chi: Beginning/Intermediate with Karla Groesbeck • On-going, Everyday • Visit website for course times • Multiple classes: Qigong & Easy Tai Chi, Tai Chi for Mobility Maintenance, Yang & Chen Long & Short Forms. Free/Low Fee. Contact Karla Groesbeck at 734-325-4CHI or info@taichilove.com; taichilove.com.

Chen Tai Chi Chuan with Joe Walters • Through December 30 • Monday & Thursday, 5 p.m., Saturday, 9:30 a.m. • Instruction in Chen tai chi chuan, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. $Free. Visit annarbortaichi.com.

Adult Martial Arts • Weekly Mondays and Wednesdays: through December 16 • 7:45 – 8:15 p.m. • The Chelsea ATAT Martial Arts curriculum provides a great way for adults to stay in shape. It won't become dull or routine because as soon as you get better and continue learning, there are always more challenges ahead to keep you inspired and coming back for more. Confirm days and times on website. $100 per month. Contact 734-846-1914 or info@chelseaata.com; chelseaata.com/about-us/Chelsea.

Classes with Asian Martial Arts Studio • Ongoing, In-Person classes. Visit website for dates/times • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children's classes offered also. Contact Asian Martial Arts Studio at 734-994-3620 or info@a2a.m.as.com; or visit a2a.m.as.com.

Writing and Poetry

Crazy Wisdom Featured Readers ONLINE with Judith McCombs • Monthly, Wednesday December 1 • 7– 9 p.m • Featured Reader(s) for 50 minutes. Open mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign– up begins at 6:45 p.m. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Second and Fourth Wednesday of each month, 7-9 p.m.

Second Wednesdays, 7-9 p.m.: Poetry Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. **For Decembers featured readers see ad on previous page.**

How Long Is Too Long ONLINE with Clementine Kornder and panel • Tuesday, November 16 • 6 – 8 p.m. • Zoom. What length should your book be? Should you buck contemporary trends or follow classic formats? Hear what some of our member authors have to say and share your ideas. $5. Details at meetup.com/Write–On–Ann–Arbor.

December Book Teaser and Holiday Party with Write on Organizers • Wednesday, December 8 • 6 – 8 p.m. • Our members are busy bees! Come meet our members and hear new stories that have been published by authors in our group. Get a copy of their books to gift for the holidays. More about the event on meetup. $5. Details at meetup.com/Write–On–Ann–Arbor.

Yoga

Virtual Yoga Classes with Imagine Fitness • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. $21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Vinyasa Yoga at Free-To-Be Studio with Austeen Freeman • September – December Weekly: Mondays, 6 – 7 p.m. and Thursdays, 6:30 – 7:30 pm. • A hatha style vinyasa flow-based class. This 60-minute class will encompass poses that will coax

balance, strength, and flexibility in your practice. Prior yoga experience/knowledge is recommended for this class. We are an Adrian sanctuary dedicated to empowerment! Join us for movement and health at Free to Be Yoga & Massage. $First class on-site FREE. $13 for drop-ins, $108 for 10 class, or unlimited monthly membership for $65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

Yin Yoga with Austeen Freeman • September – December, Weekly Mondays • 7:15 - 8:15 p.m. • The queen of yoga. Yin targets the joints flexibility in our bodies. We move through 4-7 different poses during a class period, holding each position for long amounts of time (3-7 minutes). If you have your own props like blankets, blocks or bolsters, please bring them. This class is perfect for all abilities. Join us for movement and health at Free to Be Yoga & Massage. $First class on-site FREE. $13 for drop-ins, $108 for 10 class, or unlimited monthly membership for $65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com**.**

Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

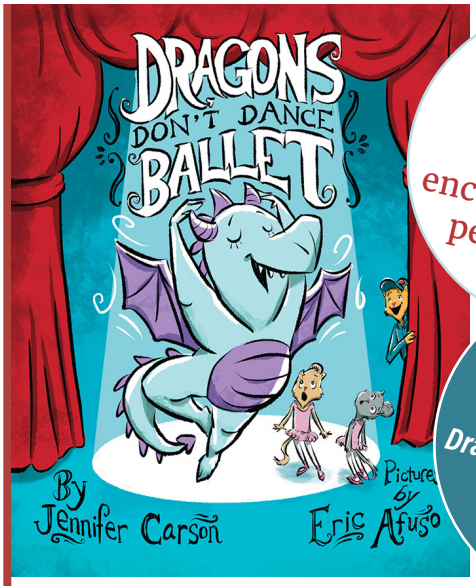
HILARY NICHOLS

HEARTFELT PHOTOGRAPHY

Shine your true spark in your best light.

hilarynichols.com

hilary@hilarynichols.com



"A wonderful book about friendship, encouragement & persistence!"

Look for the sequel, *Dragon's Don't Fight Fires* in 2022!

Purchase your copy at shopcrazywisdom

"Dragons Don't Dance Ballet by Jennifer Carson is a cute book with wonderful illustrations and a story line most of us adults can relate to, and it sends a message to the youngsters. Dream big. Even if you aren't the chosen one, don't ignore your passions. It takes people of all kinds to make up this world and being different is a good thing."

"Dragons Don't Dance Ballet is a sweet story reinforcing to children to persevere and not allow their dreams to be foiled by societal expectations. It also includes the power of a supportive friend. Loved this story!"

Local author and artist, Jennifer Carson is happy to autograph a book for your child in person or sign and mail a sticker to place in a book you've purchased elsewhere.
Visit her website for more information:

thedragoncharmer.com

Or learn what holiday bazaars she will be attending and purchase books, prints, cards, and more from her in person this holiday gifting season.
Learn what shows Jenn's attending.

An Outpouring of Love From the Community!

AFTER OUR ANNOUNCEMENT OF THE CLOSING OF CRAZY WISDOM'S BRICK-AND-MORTAR BOOKSTORE ON MAIN STREET IN ANN ARBOR, ON FEBRUARY 15, 2022, WE HAVE RECEIVED AN OUTPOURING OF WONDERFUL COMMENTS FROM THE COMMUNITY. WE WANTED TO SHARE SOME OF THEM WITH YOU.

Don't believe the rumors!

WE WILL BE CONTINUING TO PUBLISH THE CRAZY WISDOM JOURNAL, IN PRINT AND ONLINE, AND OUR ONLINE BIWEEKLY EZINE, AND MAINTAINING OUR CRAZYWISDOM.NET AND CRAZYWISDOMJOURNAL.COM WEBSITES, PLUS OUR SHOPCRAZYWISDOM.COM AND ANNARBORHOLISTIC.COM WEBSITES!

"I'm so sad to hear you are closing! Crazy Wisdom is where I met my husband, and love of my life. You had just opened the Tea Room, I was in line to order, and right then and there we met. We ended up talking for hours that night. Today we've been together 22 years, and have 3 daughters. Thank you for being our special place and part our most cherished moments."

— Jillian Addy

"Thank you for the truly special role your place has played in our community for so long."

— Ann Sheppard

"Many blessings to you as you consider your next steps. This kind of transition is obviously being entered into with a lot of consideration and compassion. May you have a clear sense of direction and the correct connections to create your next chapter."

— Donna Sink Copeland

"CW is my favorite store in town. I will miss it desperately, and now I need to visit a few times before you close (or transform) the space. Thank you for all the many ways you have served the community. CW is one of the top 3 places I always take visitors to - I'll miss the safe, calm, energy I always feel when I'm inside the shop. Thank you and Be Well!"

— Tracey Marchyok

"aww, this place was synonymous with my growing up in A2 . I found it to be an oasis for my curious mind. thanks for making the world a better place one book at a time:) will always have fond memories"

— Tas Tsementzis

*"My strongest attachments were to their original location on 4th -- oh, the little jingle as you opened that wooden door, the immediate immersing and embracing incense, the always perfect cd playing, the narrow wooden meditation bench in the back section -- everywhere peace, acceptance, a space and place and series of moments to just Be *and to know it.* When they moved to Main St, so many of us had to shift energies and grow just as CW was growing and changing, a reminder that we always take with us who and what we are. Time, in this physical reality, keeps moving, and here we are again. Here we are still. Sad and sweet, another passing, another opportunity for deep appreciation. Thanks for posting."*

— Mary Mac

"Crazy Wisdom is closing their store. My heart is broken, but I understand - the wonderful couple who own it are getting older - wanting to focus on their online presence and their desire to raise consciousness. This place, which has been more than a "store" to me, is where I have met my best of friends, where I went to find my balance, knowledge, and inner peace. After my final divorce proceedings, I walked into the store and was embraced by the love that this place possessed. It simply soothed my soul. Crazy Wisdom was my destination when going downtown. Anytime I walked in, I inhaled and felt I was home. The people who work there are truly the best and I will miss not being able to see them. I have a few months left to inhale - and hope that someone will buy/rent the space and continue their tradition."

— Moira Payne

"Discovered this place when I was in junior high. My stepdad used to take me and my friends to Ann Arbor from Napoleon and we would always stop here. Ugh so sad."

— Kait Lorraine

"Thanks for the amazing way in which you have held space for expanding consciousness in SE Michigan."

— Lindsay Passmore

"You have served and enriched your/our Ann Arbor community and beyond so well all these many years! Thank you very much - with all best wishes for whatever adventure and magic lies ahead. Much love and appreciation to you all!"

—Kathy Foxworthy Laritz

"Your bookstore provided me with some of the most deeply profound changes in my life and best experiences of growth as a result of the books I bought in your store. I'm so sad to see you go, but hope you'll fill the space with more enlightened, diverse, consciousness raising opportunity."

— Kristen Clore

"This is very sad news you guys were the main reason we drove out to Ann Arbor it's such a peaceful place I'm sad to see such a unique spiritual place of knowledge unusual things to find tea and peace be gone if you can please have an online store we absolutely love crazy wisdom"

— Cherie Lucas

"I'm so so sad to read this. Please say it's not true. Your store is one of my most favorite places on earth and the thought of you not being there breaks my heart. I understand the impact of the pandemic and can't imagine how hard the last year and half has been. My heart goes out to you. I wish you all the best and will forever be thankful for having discovered your store when I first visited the art fair 10 years ago. I have many many cherished memories of being in your store and the tearoom. Blessings to you all as you move forward with your new ventures."

— Debbie Collins

"Thanks for all the years of running Crazy Wisdom! I met my fiance in the tea room, and we were so happy you let us take our engagement pictures upstairs even though it was closed. Thank you so much for that, and I wish you all the best in your future endeavors."

— Tommy Coupar

"I am so sad that Crazy Wisdom will be closing as it is one of my favorite places in Ann Arbor. Thank you for all the wonderful treasures I found on countless visits to your lovely store. Wishing you blessings and joy in your next chapter."

— Elaine Wong

"My wife & I have been coming into town, sometimes specifically to visit Crazy Wisdom bookstore, for many years. You will be missed. A true Ann Arbor landmark. Good luck in your next endeavors."

— Jim Grenoble

"Extremely heartbreaking! CW is my all time favorite bookstore and have spent many a years now in its cozy nooks and corners reading and sipping tea. It was my "go to" place whenever I needed to unwind and spend time with myself. I grew by leaps and bounds with it spiritually aesthetically and culturally. Not only the most loved place by me but also my family members! The collection of books is like no other, specially handpicked for its customers and voracious readers. CW's nurturing space will be immensely missed for its amalgamation of all cultures it's vibe and magic. Good luck as you move forward and make new beginnings."

— Avni Shah

"This breaks the piece of my heart that will always and ever belong to Crazy Wisdom. I'm so glad I was a part of its history, but beyond sad that it's over, at least in its current state.
Bill and Ruth, I wish you all the best as you enter this next phase of your journey. Thank you for making Crazy Wisdom the gem that it is"

— Susie Keat

"The love, community and consciousness you helped create could be felt walking in the store or opening the pages of the journal. Beautiful."

— Dennis Muzzi

"I guess it is crazy wisdom to close.
(From Trungpa:"Crazy wisdom is about having a free mind, one that is not held down by preconceived notions or cultural conventions. Crazy Wisdom is about living in this moment, rather than having all of our perceptions colored by what we think about the past, the future, or the ideas we have about things.")"

— Ellen Sapper

"Crazy Wisdom played a very special, significant role in my life and development. I am forever grateful to you and Ruth - and all of the others who helped make it the special place it is. Congratulations on this transition."

— Alyssa Northrop

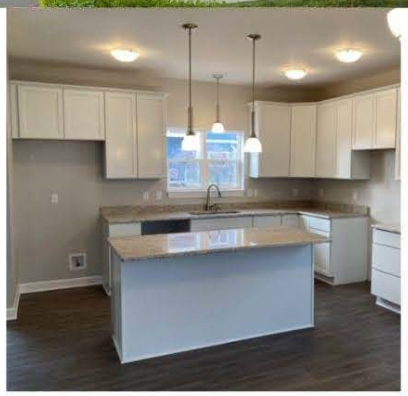
"Congrats, Bill and Ruth Schekter! Sending you both much love as you make this transition. The store has been such a beautiful gift to our community these many years! And I'm glad to have had my part in it"

— Abbie Stählin Gentry

"Thank you for everything you've done for our community and for me personally. My own journey blossomed more fully because of Crazy Wisdom. I'll always have many wonderful memories of the times I spent combing the shelves, learning new skills in the upstairs meeting room, and making new friends in your store. Wishing you all the best in your next chapter."

— Lori O'Dell

TOUCHSTONE



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Crazy Wisdom's
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support your local artisans

Metal Artist

Cherie Haney

https://www.artandelement.com
cherie@artandelement.com
4508 Pleasant Lake Rd
Ann Arbor, MI 48103
734-904-3780
(studio is open for local visits by appointment)

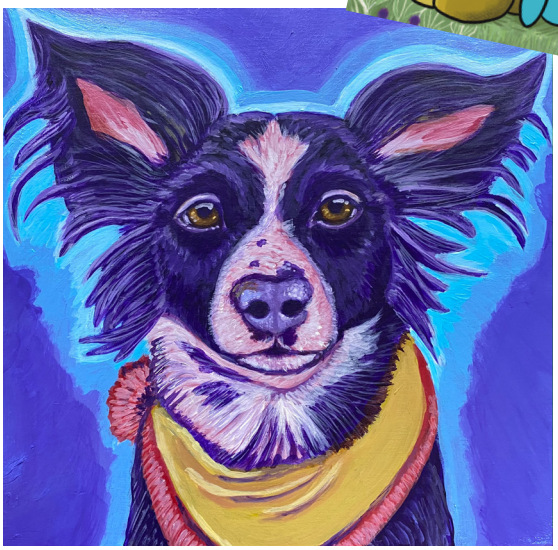
Cherie is a metal artist who creates abstract works representing shapes and textures from nature including water ripples, spirals, leaves, and eggs.

Mixed media elements add colors of earth and water. "My work draws from the balance of opposing forces coming together to form a harmonious whole. I aim to achieve bold, expressive lines that create patterns, each patterned layer working in contrast, struggling to set itself apart yet finding completion within the whole." Cherie gets her inspiration from spending time close to nature, biking through the woods, and observing the combination of art deco craftsmanship and urban decay in and around Detroit.

Cherie draws her original patterns and then digitizes them so she can use a hydro-abrasive cutter to intricately cut each image into metal. The metal is then surfaced by hand for a satin reflective sheen and/or patinated with acids to create unique colors and textural enhancements. Various elements are then layered and spaced apart using hardware or welding techniques. Each work has two to four layers. The surface of each layer is developed to create contrast and set it apart from the next layer, while remaining aesthetically united. Cherie uses elements such as copper, leather, and other media in the background surfaces to achieve this effect.

Children's Author and Illustrator

Dori Durbin



https://www.doridurbin.com
artsybarncat@gmail.com

Dori is a whimsical acrylic pet portrait artist and a twice self-published Children's Book Author and Illustrator.

The use of bright colors and defined lines creates an almost pop-art playfulness to many of her pet portraits. "Most clients purchase pet art for very emotional reasons. They want to capture the energetic, quirky, and affectionate personalities of their pets . . . characteristics like a mischievous spark in the eyes and a side cocked head. Pets are family. It's the fun memories that clients want to hold on to." While clients purchase original canvas or woodblock art, some also opt for printed pillows and other home items of their pets. Between having clients' pet photos and living most of her life in rural Lenawee County, Dori has her own "herd of crazy cats" for inspiration.

Whimsy is also a part of Dori's Children's Books and illustration. "I have always loved to write, draw, and read children's picture books! I am a self-taught artist, but I have taken multiple courses and try to conscientiously observe what other children's artists do. I really love envisioning what humor, whimsy, and depth I can pull from the text and add to a book." Dori's process for acrylics and illustration are similar. Using real photos as reference, she sketches and re-sketches the images, creates base layers of color, then still by hand (or Ipad for illustrations), she adds details, and finally the texture. "It is a pure joy to see a client (or child) reading, laughing, or emotionally touched by your art. That's inspiration enough!"

You can visit Dori in person at the Adrian Center for the Arts Holiday Art Market on the Planewave campus at 1375 N. Adrian Hwy. in Adrian, Michigan December 4th through the 23rd. Learn more on the ACA website.

Printmaker

Mary K. Getz

http://amessofphotosart.com
amessofphotosart@gmail.com

Mary K. Getz makes custom prints of your home as well as original prints on greeting cards, textiles, and digital downloads for your own craft-making needs.

The name of her shop, a.mess.of.photos, comes from a time when her life was much more messy and complicated and photography was her main passion. She still feels the name is an accurate description of who she is as a person: creative and messy.

Printmaking is a messy process for her and that's what draws her in. It forces Mary to embrace, and find strategies to mitigate, the mess and her need for control.

Mary's art is mostly about the little things in life that make her happy. It's also about the process: getting in the zone, escaping the stress of living with chronic mental/physical illness, and the joy of a completed idea. She hopes her art brings you a little joy, distraction, and maybe a laugh or two!

You can find Mary at the Ann Arbor Public Library's Tiny Expo on December 11th.

Find out more about Tiny Expo here.

Shepherdess

Bridget Kavanagh,

https://www.michiganmerinos.com
Happy Goat Lucky Ewe Fiber Farm & Michigan Merinos
2672 Dobie Road
Mason, MI 48854
Call 517-927-9368 to make an appointment where you can shop and even see the sheep.

Happy Goat Lucky Ewe & Michigan Merinos is a combined wool and mohair fiber farm in the mid-Michigan area providing merino wool hats and socks along with up-cycled sweater mittens (the cuffs are from our sheep), hand dyed merino wool yarn, handspun yarn with mohair in it, mohair, and wool dyed locks for crafters, eco-friendly woolen dryer balls and much more! All from their 50 ewe flock or merino and crossbred sheep and angora goats.

Their on-farm wool shop is open by appointment during the holidays. Look for their products at the Sunday Market, Detroit Eastern Market; The Local Farm Alliance in Mason, Williamston, & Lansing; and at the Village of Ashley's Country Christmas in conjunction with the North Pole Express out of Owosso, MI.

Aura Portraits

Michelle McLemore

www.michellemclemore.com
energy@michellemclemore.com

Michelle McLemore offers acrylic or pastel artist rendition of someone's personalized life reading. The reading is done during a 15-20 minute stress-relief energy session done either in person or remotely. A typed explanation of the reading will accompany the art piece. The readings usually bring in both prior and current life patterns and messages. The number of images per piece will vary based on the client's reading. Some collages incorporate can include 20 symbols, while others are closer to five.

Epoxy Jewelry and Gifts

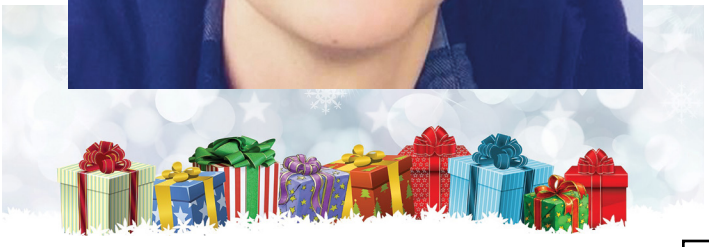
Heather Kullhanek

www.evangelinesemporium.shop
heather@evangelinesemporium.shop

Heather is a commercial embroidery artist by trade. Over the years she has enjoyed lots of crafting, including painting, crochet, and now working with epoxy.

She loves the variety of creativity that can be used in this art form, like creating jewelry, ornaments, bookmarks, keychains, suncatchers ,and more. There is no end to the colors and bling that can be incorporated into her art. Encouraged by friends, family ,and customers who have bought her handcrafts, she opened an online store where she hopes to include her embroidery art and other art pieces on her website soon.

You can visit her website Evangelinesemporium.shop (named for her great grandmother who was also an artist)



In Honor Of Our Country's Veterans

Karly Freeman is an 18th Airborne Army veteran. She was one of Madeline Strong Diehl's Therapuetic writing students last fall. Learn more about Therapuetic Writing on Diehl's website, madelinediehl.com.

Last Man Standing

By Karly Freeman

It's so easy
Easy to let things escalate
Let spats turn to battles
And battles turn to wars
And with everyone in murder
Left blind to the course, or cause
Where it all began
And it doesn't quite hit us
Til we stand
With blood on our hands
And realize
What could've been solved by words
On paper or within debate
Somehow turned to anger
With which we let escape
And now with all the victims
And casualties upon our feet
We are still left with the issue
Buried beneath bodies in the street
And would it not have been easier
To come to compromise
Than to sacrifice your kin
And watch your children die
But some people
Are so headstrong in life
They would sell their soul
For religious rights
If we could each just live peacefully
Upon our chosen path
Then maybe we could have those lives
Instead of wishing for them back
But bodies are our evidence
And war fields and streets our courts
So to hell with the issue
The last man standing
Shall win the war
And when you are the last one,
You'll have issues with others no more
And it may be granted to you
To forget and forgive
But when you are the only one
What a lonely way to live.

A Gratitude Poem

By Karly Freeman

I am thankful for the spirits for the blood that runs through my veins

For my ancestors, for life, love and existence, I am thankful.

For the thaw the light and warmth of the sun, for cold alone and pain

Because without all might depreciate. I am thankful for the seasons, for

The smell of fresh decay, for the flowers my son got me and the

Butterfly at the window pain I am thankful for knowing all those

That I have known and in joining those whom I've enjoyed I am

Thankful for the rest and downtime, for those opportunities offer enrichment

As much as doors that God has opened, will open I am thankful for my

Reception, my preconception and understanding of self, for all of

Life's riches that may and may not be material wealth. I am thankful

For the fingerprints left by my mother's womb and for all of nature's secrets

And for the passing of time for my love shall be home soon

I am thankful for baptism and thankful for rain
The pitter patter of the heavens upon the window pane

I am thankful for the prison and prism so deep

That it may create the rainbows that dissipate

Before the feet. I am thankful for the footsteps

And sidewalks I have walked for the oceans grinding sand

Like thoughts before they're talked I am thankful for great

Conversations and conversationalists for lessons, for lovers for the

Boy that raises his fist to Power to the People, to the moment in

Time when all is history but now is mine I am thankful

For all I own though it may not extend beyond the

Skin I am thankful for the spirit, thankful within I am

Thankful for poetry for words only meant to express, for guidance

For company for grace and kindness. I am thankful for

Beauty in it's many forms I am thankful for each I've touched

And for much I'll touch more I am thankful for foundation and

Pyramids and Scores I am thankful for the journey and Grateful for the Shore….

The True Cost of War

By Madeline Strong Diehl

What is the true cost of war? The media reports casualties on each side like it's a football game that can be won or lost. How many are civilians? How many combatants? But no one ever wins a war. And every man and woman who fights In Country brings home P.T.S.D. like a contagion that inflicts every person they live with and every person they love. Their church, their neighbors, the people who notice the vacant look in their eyes when they are trying to escape their memories. And in the summer, there are people grilling everywhere, and they cannot escape the smell of meat.

No, there is no way to accurately measure the cost of war. No matter how you fight it, you will end up in defeat.

A home without books is a body without soul.
—Cicero